

### Abstract of the Disclosure

A safety harness for use with a connecting device including a connecting element coded with a connecting element indicator includes an internal connection and an external connection. The internal connection has a first portion and a second portion. The first portion is coded with a first indicator, and the second portion is coded with a second indicator. The first indicator and the second indicator indicate that the first portion and the second portion are to be interconnected to create the internal connection. The external connection has a connecting member, and the connecting member is configured and arranged to operatively connect with the connecting element of the connecting device. The connecting member is coded with a third indicator, and the third indicator and the connecting element indicator indicate that the connecting member and the connecting element are to be interconnected to create the external connection.